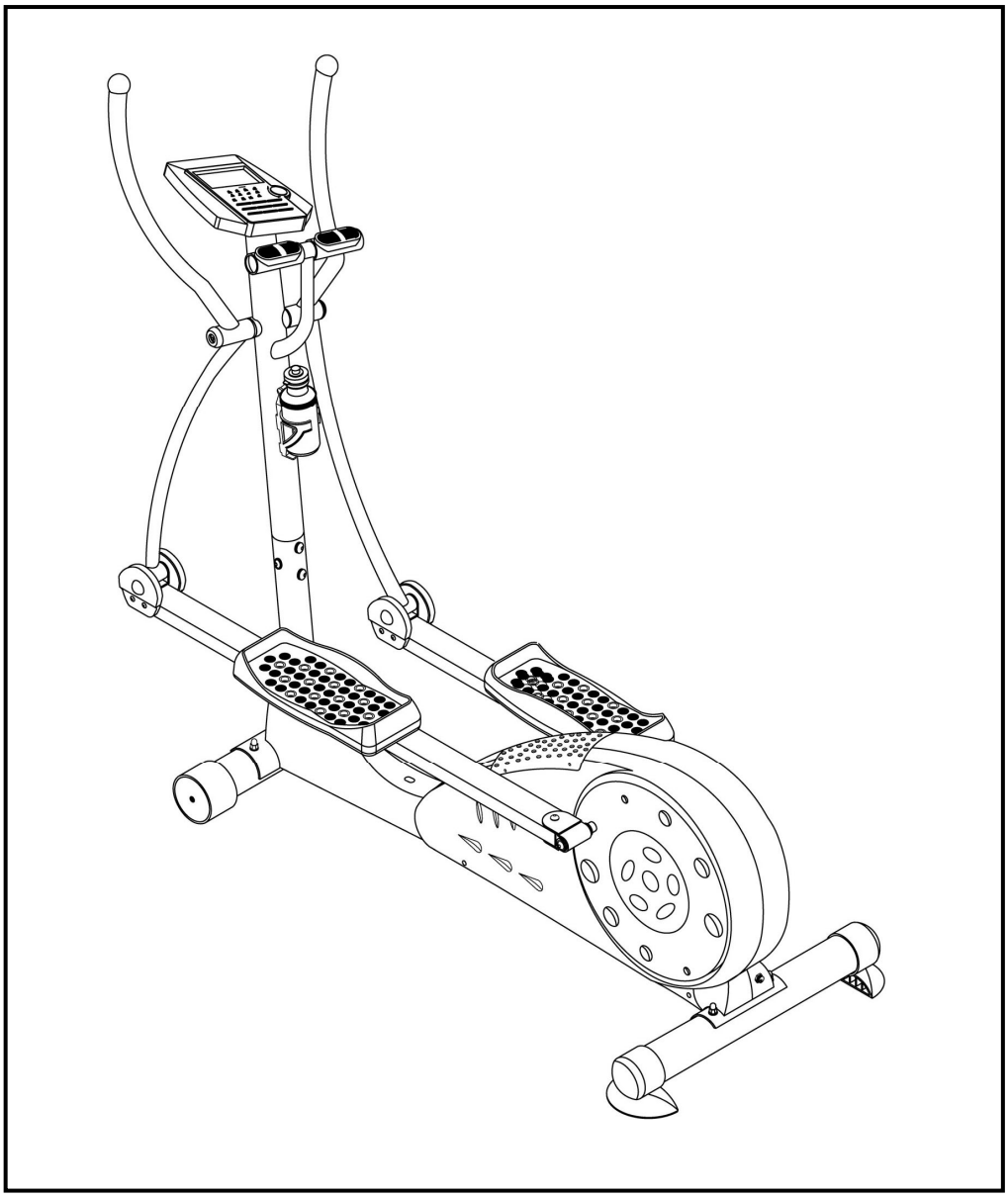
PROGRAMMABLE ELLIPTICAL TRAINER USER'S MANUAL

GB



This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.

Dear Customer,

Thank you for choosing the PROGRAMMABLE ELLIPTICAL TRAINER – We wish you a lot of fun and success during training.

Please read the enclosed safety and assembly instructions carefully.
If you have questions please do not hesitate to contact us.

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Safety Instructions GB

Before you start training on your PROGRAMMABLE ELLIPTICAL TRAINER, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- The **CROSS 7** is made for home use only and has been tested up to a maximum body weight of up to 100 kg.
- Follow the steps in the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Place the product on an even, non-slippery surface. Due to possible corrosion, the usage of the exercise equipment in moist areas is not recommended.
- Before your first training session, (and every 1-2 months) check that all connecting elements are securely fitted and that they are in good condition. Replace defective components immediately and/or keep the equipment out of use until repair. For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning the product
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This product is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme.

  Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in the training instructions.

Exploded drawing

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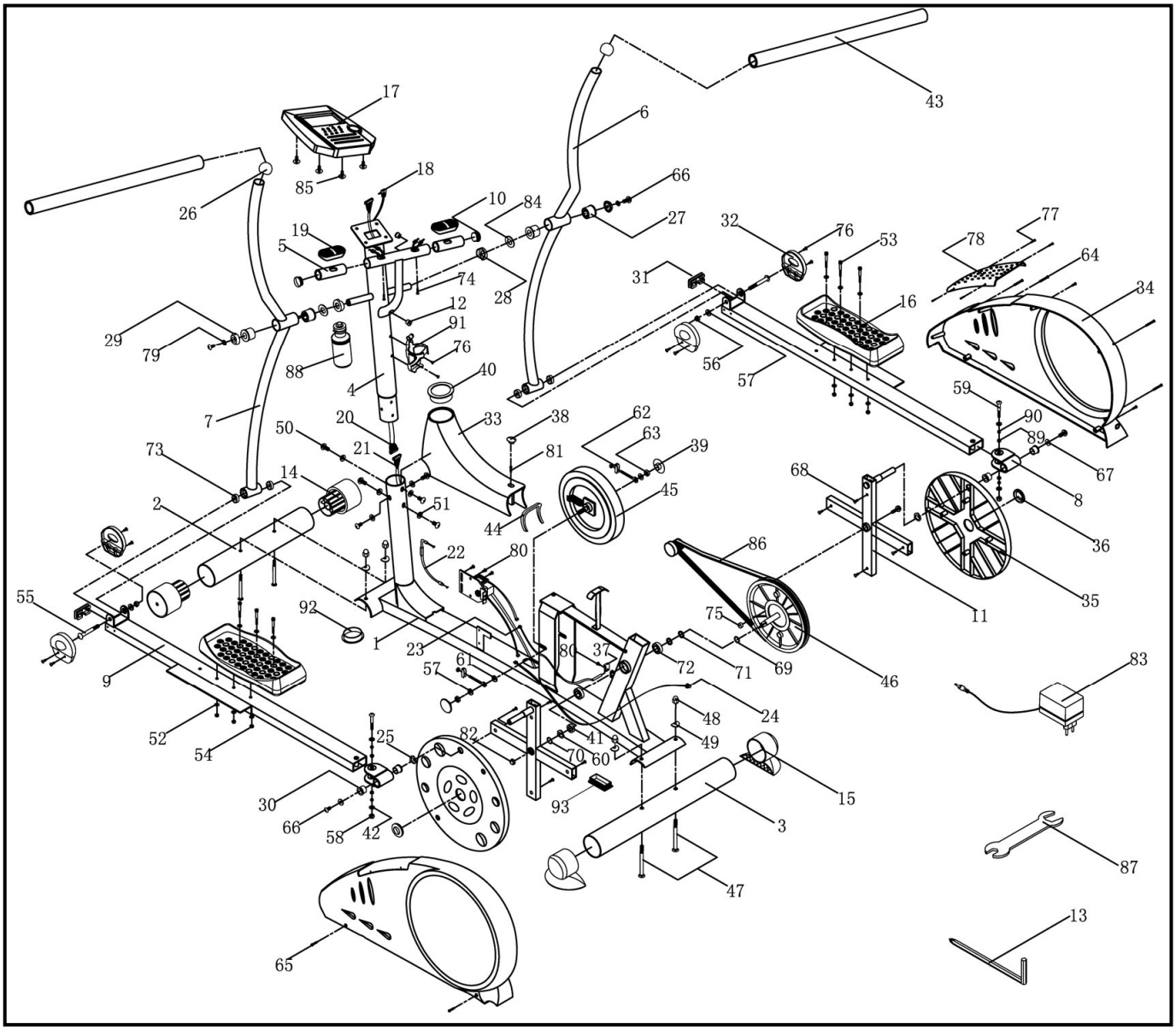

Hardware Package

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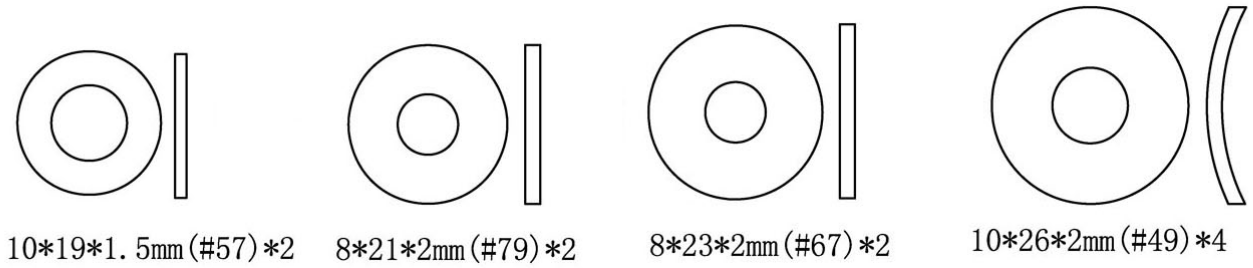
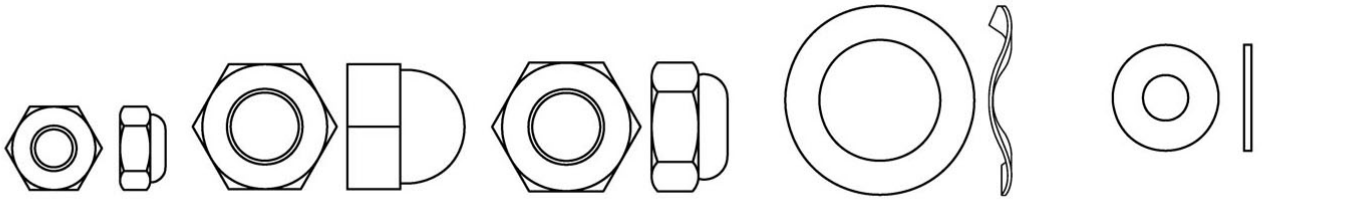
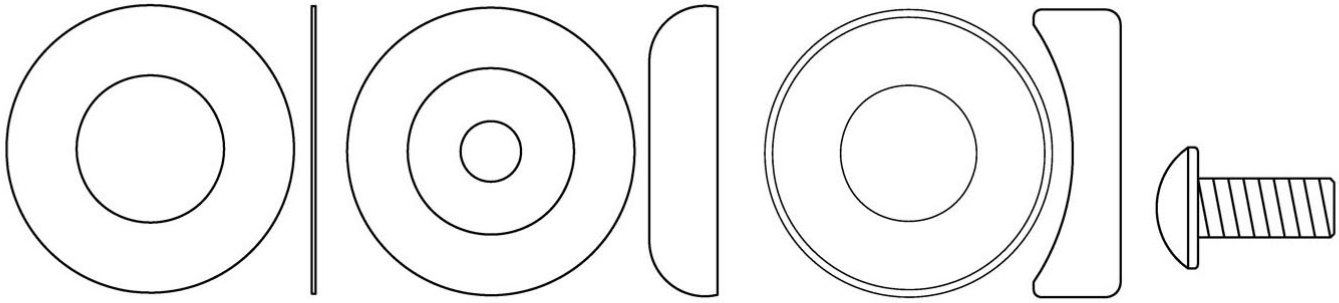


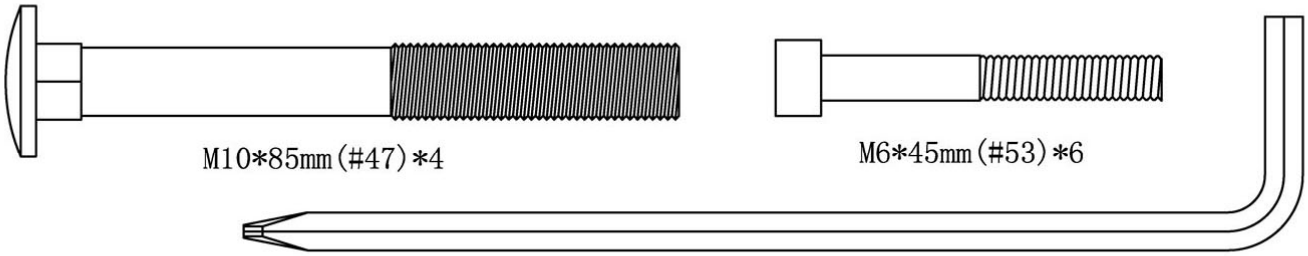
10*19*1. 5mm (#57) *2 8*21*2mm (#79) *2 8*23*2mm (#67) *2 10*26*2mm (#49) *4



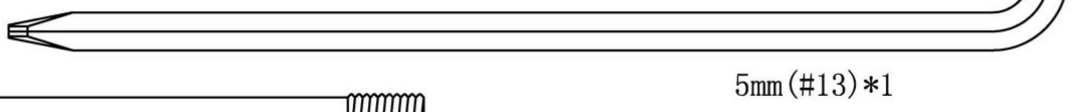
M6 (#54) *6 M10 (#48) *4 M10 (#56) *2 16. 2*25*0. 5mm (#25) *2 6*14*1mm (#52) *12



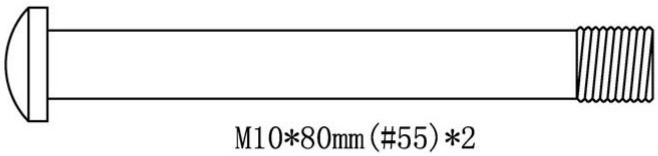
19. 5*38*0. 5mm (#84) *2 8*38mm (#29) *2 19*38mm (#28) *2 M8*18mm (#66) *4



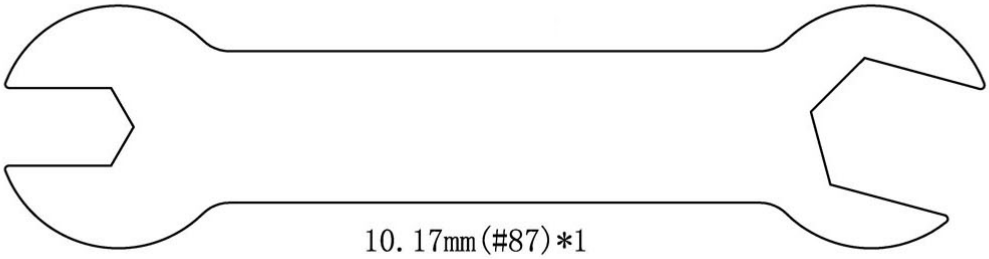
M10*85mm (#47) *4 M6*45mm (#53) *6



5mm (#13) *1



M10*80mm (#55) *2

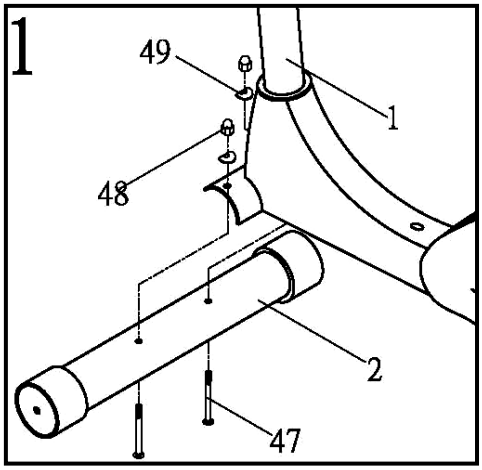


10. 17mm (#87) *1

Assembly Instructions GB

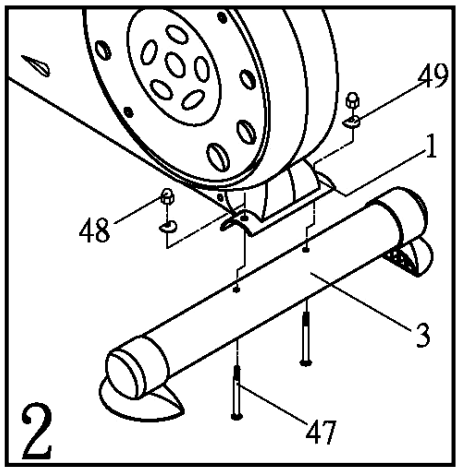
Step 1 GB

1. Fasten front stabilizer (2) with 2 carriage bolts (47) from the underside of stabilizers. Secure with 2 - washers (49) & domed nuts (48) to main frame (1).



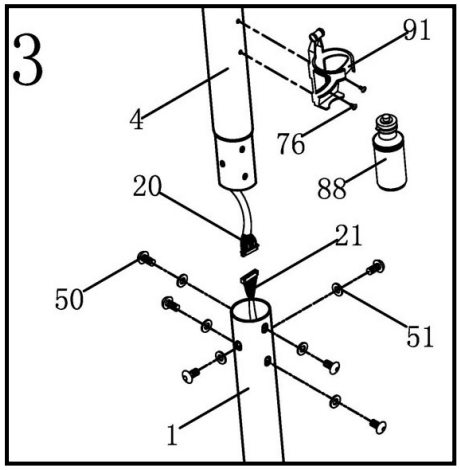
Step 2 GB

1. Fasten rear stabilizer (3) with 2 carriage bolts (47) from the underside of stabilizers. Secure with 2 - washers (49) & domed nuts (48) to main frame (1)



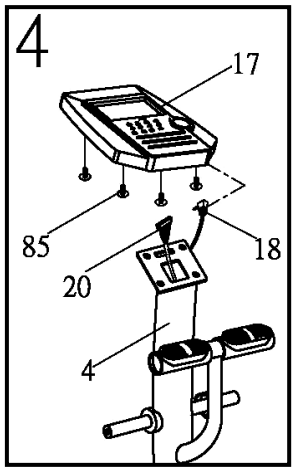
Step 3 GB

1. Connect the upper computer cable (20) with lower computer cable (21) securely.
2. Unscrew the pre-assembled 6 hex. Bolt (50). Then, put the handlebar post (4) into the main frame (1) and fix it with 6 hex bolts (50) and 6 X washers (51).
3. Place bottle holder (91) on the handlebar post (4) and fix it with 2 bolts (76). Then Put water bottle (88) into bottle holder (91).



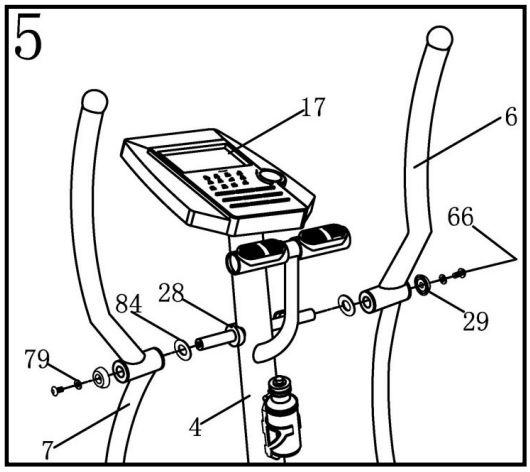
Step 4 GB

1. Plug the upper computer cable (20) to jack at back of computer (17). Plug handpulse sensor wire (18) to jack at back of computer (17). Attach computer (17) onto bracket at top of handlebar post (4), secure with 4 bolt (85) firmly.



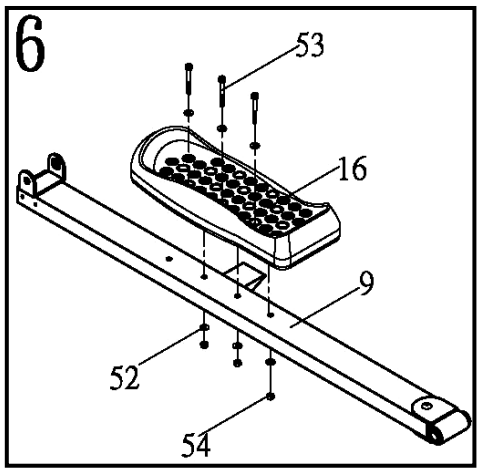
Step 5 GB

1. Attach right swing bar (6) to axle at side of handlebar post (4) with sleeve (28) & washer (84), secure with 1 cap (29), washer (79) & hex.bolt (66).
2. Do the same for the left swing bar (7).



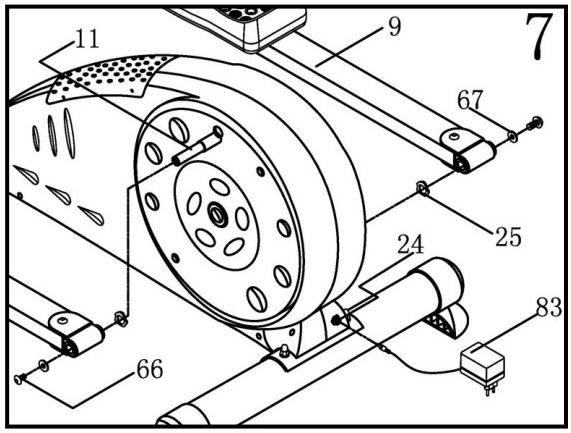
Step 6 GB

1. Attach the right pedal (16) to pedal bar (9) secure with 3 x carriage bolt (53), 6 x washer (52) and 3 x nut (54) tightly.
2. Do the same for the left pedal bar (9).



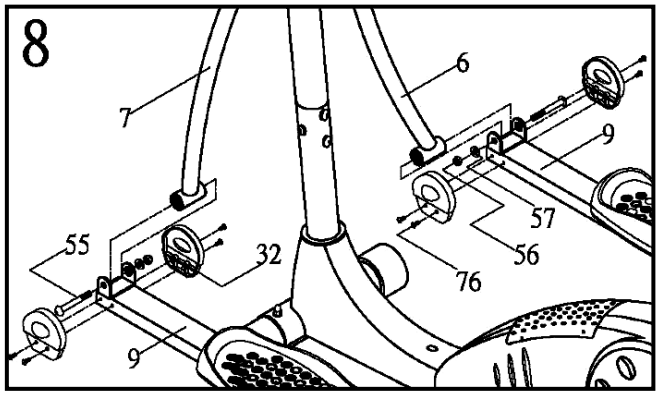
Step 7 GB

1. Attach the end of the right pedal bar (9) to axle of cross bar (11) with washer (25). Secure with 1 x allen head bolt (66) with washer (67) tightly.
2. Do the same for the left pedal bar (9).
3. Attach adaptor (83) to DC wire (24) at back of main frame (1).



Step 8 GB

1. Attach the end of right swing bar (6) to the right front of pedal bar (9), secure with 1x carriage bolt (55), washer (57) with nut (56) tightly. Cover with 2 x protector (32) to the right front end of pedal bar (9), secure with 4 screws (76).
2. Do the same for the left swing bar (7) and Left pedal bar (9).



Programable Trainging Computer - SM3105-20

Initial operating process: (After the computer is power on with adaptor installed)

Step One You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.

Step Two You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode .(Exclude TARGET HEART RATE CONTROL mode)

Step Three You may use UP or DOWN to preset training function datas, when each function data has been preset, press ENTER.

Available preset training functions:

TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).

DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.

CALORIE: Preset area is from 0 to 990, each increment is 10 cal.

WATT: Preset area is from 10 to 350, each increment is 10 watt.
(WATT can be preset under MANUAL mode only)

PULSE: Preset area is form 30 to 240, each increment is 1 BPM.
(Exclude in TARGET H.R control mode)

Step Five Press START/STOP button to start training.

Training Mode Instruction:

To start your training :

As soon as you press START/STOP button without any presetting (functions and programs), the computer starts working under Manual mode.

Training without preset Time:

If you do not preset TIME,each unit of the profile switches forth to another per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

If you have preset TIME,each unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

You may adjust the tension load from 1 to 16 during training under Manual mode if you did not preset Watt function.

If you have preset WATT, tension load will be auto-adjusted depends on the current speed and watt values you are working out.

There will be four different symbols showes up to help your training:

▲ You need to slow down the training speed.

▼ You need to speed up the training.

------- This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

** When the WATT is over spec, computer has Bi-Bi-Bi/second to remind you. If you keep training under this mode for over 3 minutes,the computer has an ALARM with 6 beeps sounds for 30 seconds, and the computer system STOP automatically, at this moment, LOAD is down to 1, and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles - You can select from P1 to P12 profiles for training, also you can adjust training levels any time during training.

Training with USER - You can preset your personal training profiles under this mode. During training, you can also adjust training levels any time.

Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficult will be down adjusted one level immediately, and keep down-adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as the training protection.

You may select fixed preset target heart rate percentage or input your personal traning target heart rate figures.

Target Pulse with different percentage selected -

You may use UP or DOWN to have the TARGET HEART RATE figure be zero, and press ENTER button. At this moment, you may select the percentage of the heart rate that you will achieve in the training. The computer provides 3 different percentage of the maximum heart rate which is calculated by the CPU according to the AGE data you inputed.

Remark: 55%MAXH.R. - If you input age in 30, the figure will be 104, this figure is 55% of the max. heart rate figure which is 190, the proper figure calculated by the CPU compared the age of 30. The same formula can be used to have the result for 75%, and 90%.

Target Pulse figure input by yourself -

You may preset your target pulse figure by pressing UP and DOWN buttons. As soon as you have preset the target pulse figure, the level will be fixed on level 1, and you may only start training from level 1. When your actual heart rate has reached over the target, the computer starts to alarm to remind you, and it stops when your heart rate comes under the target.

To stop your training:

Training with PRESET function datas:

As soon as the preset function datas counting down to zero,(pulse figures excluded)

the computer has 8 beep sounds and remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous datas.

Interupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all datas(including personal datas) will be total reset.

Buttons:

ST/STOP	To start or stop training.
ENTER	To select each function of Time, Distance, Pulse, Watt for preseting.
ENCODER UP	To up adjust datas.
ENCODER DOWN	To down adjust datas.
RESET	1. To reset each function of Time, Distance, Pulse, Watt function figures. 2. To reset program setting and back to initial selection mode with Manual, Program, user, or Target Heart Rate all blinking display.
RECOVERY	To have pulse recovery function work.

Functions:

TIME	Count Up - The computer starts counting up from 00:00 up to 99:59 during training. Count Down - The computer will count down from the preset Time to 00:00.
SPEED	Displays the current SPEED from 0.0 to maximum 99.9 km or ml.
DISTANCE	Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training. Count Down - The computer will count down from the preset Distance to 0.00.
CALORIES	Count Up- The computer accumulates the calories comsuption from 0 to the max. 990 cal during training. Count Down - The computer will count down from the preset Calories to 0. This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment.
PULSE	The monitor can detect your handpulse. You may preset target pulse between 30 to 240 bpm to assist the training. The options you may have are as the following: Alarm - If you preset the target pulse under training with Manual or other target the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure. Load tension adjustment - If you preset the target heart rate (or select different target heart rate percentage), the load resistance will be auto-adjusted according to your actual heart rate figure compared with the preset heart rate which is heart rate control program.

RECOVERY After exercising for a period of time, keep holding on grips and press " RECOVERY" button, all function display will stop except "Time". Time starts counging down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of LCD will show your heart rate recovery status with the grade F1, F2,… F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.

** Press the RECOVERY button again to return the main display.

WATT After training for a while, the monitor will display current workout watt.

Note:

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shutt off automatically, and all previous training datas will be stored. You may press any button to have the computer restart working.
2. The monitor has the same result as abovementioned point 2 if you press and hold on RESET button for 4 seconds.
3. If the LCD display is improper, please remove the power connection and connect it again.
4. The monitor can be power on with an AC adaptor input (500mA, 6V)

Training Instructions

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Please read the below Training Instructions to find your maximum and minimum pulse rate or consult your physician.

To achieve a considerable improvement in your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:
If you have not been physically active for a long period of time and also to avoid health risks you should consult your physician before starting to exercise.

Intensity
To achieve maximum results the right intensity has to be chosen. The heart rate is used as a guideline only. As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 – Age

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate. For your personal training rates please see the pulse rate chart.

When starting to exercise you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing levels of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

Fat burning
The body starts to burn fat at approx. 60% of the maximum pulse rate. To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:
You are 52 years of age and would like to start exercising.
Maximum pulse rate = 220 – 52(age) = 168 pulse/min
Minimum pulse rate = 168 x 0.6 = 101 pulse/min
Highest pulse rate = 168 x 0.7 = 117 pulse/min

During the first weeks it is advisable to start with a pulse rate of 101, afterwards increase it to 117. With increasing levels of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate. This can be done by increasing the resistance, a higher frequency or longer training periods.

Training Organization

Warm-up:
Before every training session you should warm-up for 5-10 minutes.
Here you can do some stretching and training with low resistance.

Training session:
During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down:
To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes. Stretching is also helpful for the prevention of muscle aches.

Success
Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

We wish you have a lot of fun and success with your Elliptical Trainer.

Parts List

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NO.	Description	Quantity	
1	Main frame	1	
2	Front stabilizer	1	
3	Rear stabilizer	1	
4	Handlebar post	1	
5	Foam grips	2	
6	Swing bar (right)	1	
7	Swing bar (left)	1	
8	U-plate (for pedal bar)	2	
9	Pedal bar (R & L)	1	
10	Cap	2	
11	Cross bar (left & right)	2	
12	Cap	1	
13	Allen key wrench	1	
14	Front stabilizer cap	2	
15	Rear stabilizer cap	2	
16	Pedal(pair)	1	
17	Computer	1	
18	Hand pulse sensor wire	1	
19	Hand pulse sensor	2	
20	Computer cable (upper)	1	
21	Computer cable (lower) with motor	1	
22	Tension control cable	1	
23	Sensor wire	1	
24	DC wire	1	
25	Washer	2	
26	End caps (for swing bar)	2	
27	Sleeve (for swing bar)	4	
28	Sleeve (for swing bar)	2	
29	Cap (for swing bar)	2	
30	Sleeve (for pedal bar)	4	
31	Square cap (for pedal bar)	2	
32	Protector (for swing bar)	4	
33	Plastic cover (for main frame)	1	
34	Main chain cover (left & right)(pair)	1	
35	Disk	2	
36	Cap (for disk)	2	
37	Fixture (for sensor wire)	1	
38	Cap	1	

39	Cap (for flywheel)	2	
40	Plasic cap	1	
41	Plastic sleeve (for belt wheel)	1	
42	Washer (for U-plate)	4	
43	Foam grips (pair)(for swing bar)	1	
44	Protector (for plastic cover #33)	1	
45	Flywheel	1	
46	Belt wheel	1	
47	Carriage bolt (for front & rear stabilizer)	4	
48	Domed nut (for front & rear stabilizer)	4	
49	Washer (for front & rear stabilizer)	4	
50	Hex. bolt (for handlebar post)	4	
51	Washer (for handlebar post)	6	
52	Washer (for pedal)	12	
53	Carriage bolt (for pedal)	6	
54	Nut (for pedal)	6	
55	Carriage bolt (for pedal bar)	2	
56	Nut (for pedal bar)	2	
57	Washer (for pedal bar & belt adjuster)	4	
58	Nut (for U-plate)	2	
59	Carriage bolt (for U-plate)	2	
60	Washer (for belt wheel)	1	
61	Washer (for flywheel)	2	
62	Belt adjuster	2	
63	Nut (for belt adjuster)	2	
64	Screw (for main chain cover)	5	
65	Screw (for chain cover)	4	
66	Allen head bolt (for U-plate & swing bar)	4	
67	Washer (for U-plate)	2	
68	Screw (for cross bar)	8	
69	Washer (for belt wheel)	2	
70	Washer (for belt wheel)	1	
71	Washer (for belt wheel)	1	
72	Steel bearing	2	
73	Bushing (for swing bar & pedal bar)	4	
74	Bolt (for handle pulse sensor)	2	
75	Magnet	1	
76	Bolt (for protector of swing bar & bottle holder)	10	
77	Bolt (for iron chain cover)	4	
78	Iron chain cover	1	
79	Washer (for swing bar)	2	
80	Bolt (for motor)	3	
81	Hex. washer (for Plastic cover#33)	1	
82	Nut (for cross bar)	2	
83	Adaptor	1	
84	Washer (for swing bar)	2	
85	Bolt (for computer)	4	
86	Transmission belt	1	
87	Spanner	1	

88	Water bottle	1	
89	Sleeve (for U-plate)	4	
90	Washer (for U-plate)	4	
91	Bottle holder	1	
92	End cap (for front post)	1	
93	End cap (for middle post)	1	

Training Pulse Rate

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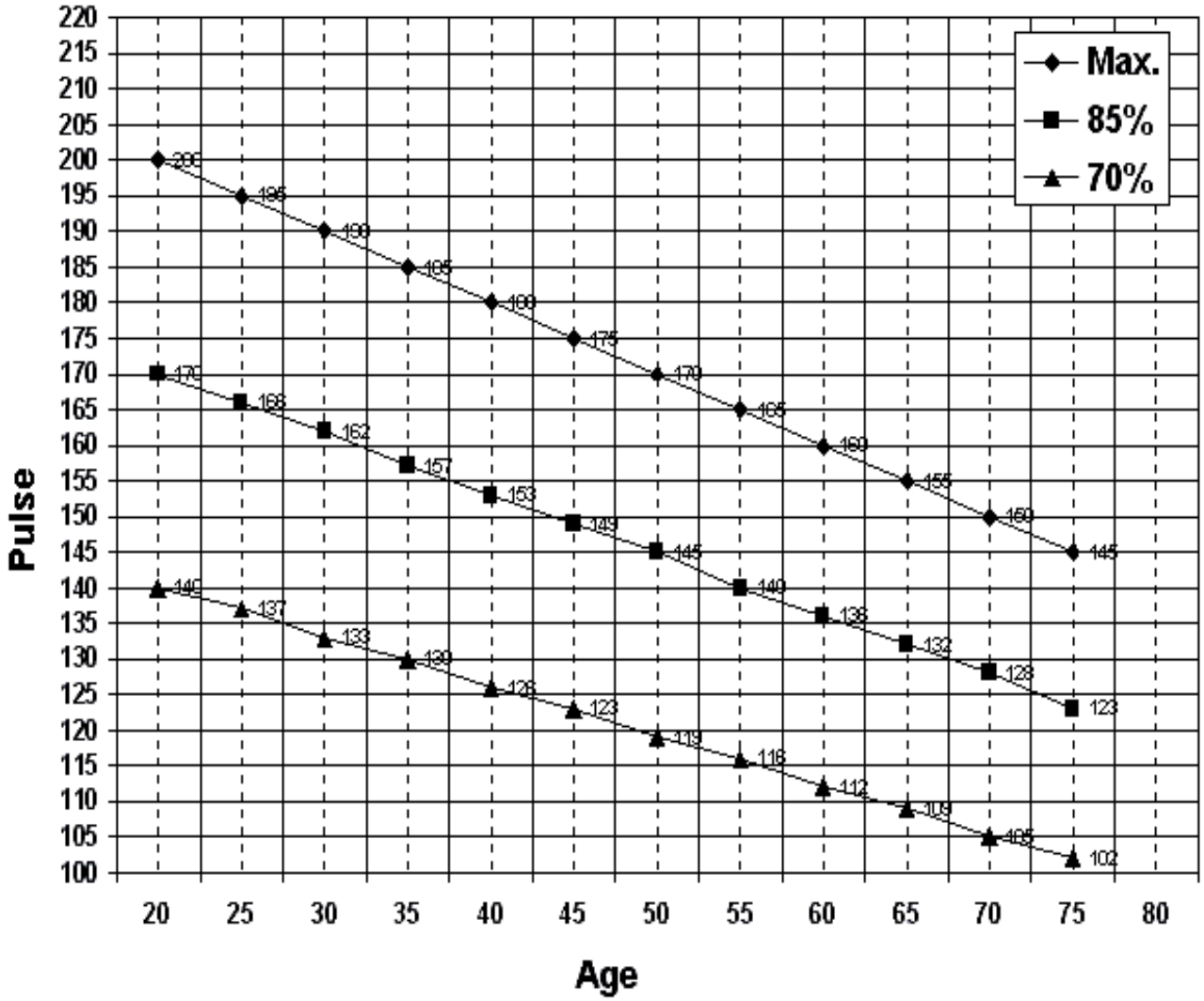

The owner’s manual is for customer reference only.